

Wednesday 7th August 2024

School-wide Cross Country Event 2024

Dear parents and caregivers,

On Thursday 15th August 2024 we will be having our annual full-school Cross Country afternoon. This is an opportunity for all students to compete in a long distance run with their year group. They will be representing their whānau houses at this event. We invite all families to attend and support their children as they run in the Cross Country. We encourage all students to give it their best.

Event details:

Date: Thursday 15th August 2024 (Save day Friday 16th August 2024)

Time: 12:15 pm – 2:30 pm

Venue: **Owairaka Park, 56-60 Owairaka Avenue, Mt Albert**

What to wear: School PE gear (Y4-13), shorts and t-shirt (Y0-3), running shoes, other athletic gear/sports gear of the child's house colours.

What to bring: Rain jacket / cold weather clothing.
Water bottle
A packed lunch

Your child is to come to school in their PE gear (Y4-13) or t-shirt and shorts (Y0-3) on the day and will attend morning classes as per usual.

No fancy dress or costumes are to be worn.

Race Time	Year Group	Distance (approx.)
12:25pm	Year 3 boys and girls	1.5km
12:30pm	Year 4 boys and girls	
12:35pm	Year 1-2 boys and girls	500m
12:40pm	Year 5 boys and girls	1.5km
12:50pm	Year 6 boys and girls	
1:00pm	Year 7 boys and girls	3km
1:10pm	Year 8 boys and girls	
1:20pm	Year 9 boys and girls	
1:30pm	Year 10 boys and girls	4.5km
1:40pm	Year 11-13 Competitive	
1:45pm	Year 11-13 Non-Competitive Race	3km

Plan for the day

8:40-11:30 am Normal school day

11.15am **Parent help briefing in the staffroom**

11:30am Students begin walking from school

12:00pm Students arrive at the park and assemble in the designated area.

12:10pm Marshal's meeting.

12:15pm Race briefing for all runners, marshals to go to their location.

2:20pm Closing Prayer

2:30pm **All students will walk back to school at 2:30 pm unless indicated otherwise on the permission form.** Students going home directly from the park must sign out with their tutor teacher before leaving

Central Zone Y7-8 Cross Country Zone Day

The top qualifying runners from our Year 7-8 races will be invited to represent our school at the Central Zone Cross Country Day on Thursday 29th August.



Postponement

In the case of severe weather, the event will be **postponed** until Friday 16th August. This will be announced via email and on the website by 9am on Thursday morning. In the event of severe weather on Friday, the event will be cancelled by 9am in the morning.

Please complete the form below for each of your children by **Monday 12th August** to give permission for them to attend the event and to indicate your availability to help.

<https://forms.gle/5gCEbGQJkkSnAeZr5>

If you have any questions, please get in touch.

Yours sincerely

Mr Sam MacKenzie

Year 9-13 Physical Education Teacher

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